



# CLB-5 FAMILY READINESS NEWSLETTER

## INSIDE THIS ISSUE:

Promotions & Awards	2
Postal Info	3
Births and Childcare Info	4
Chaplains Corner & Family Readiness Info	5
Calendar and Events Deployment Send-off	6-7
H&S, TSA & TSB News	8
Maintenance Co & Engineer Co News	9

**Commanding Officer:**  
 Lt. Col. Jeff Jarosz  
**Executive Officer:**  
 Maj. Shane Long  
**Sergeant Major:**  
 Sgt. Maj. Brian Cullins  
**H&S Co Commander:**  
 Capt. Barrett Dupuy  
**TS Alpha Co Commander:**  
 Capt. Matt Zimbalist  
**TS Bravo Co Commander:**  
 Capt. Sean Cox  
**Maintenance Co Commander:**  
 Capt. Joseph Flynn  
**Engineer Co (7<sup>th</sup> ESB):**  
 Capt. Daniel Francis  
**Chaplain:**  
 LtJG Saumaleato Fuimaono  
**Family Readiness Officer:**  
 Christine Winicki  
 760.763.6915 (ofc)  
 760.468.8276 (cell)  
**Deputy FRO:**  
 Sgt William McConnell  
 760.763.7217 (ofc)  
 William.mcconnell@usmc.mil  
**CLB-5 Duty Officer:**  
 760.763.4934

DEPLOYMENT ISSUE—MAR 2010

## Commanders Comments

### Lt. Col. Jeff Jarosz

Families and Friends,

The time has come. Your Sailors and Marines are shipping out to Afghanistan at various times over the next three weeks. CLB-5 will relieve CLB-1 in supporting the battalions of Regimental Combat Team 7 in Helmand Province for the next seven months.

It has been a long, but fast road towards getting the unit and each individual prepared for the rigors of operating in an austere expeditionary environment with the challenge of countering an insurgency. The battalion completed its month-long culminating pre-deployment unit training exercise, Enhanced Mojave Viper, on 5 February. This is the Marine Corps' premiere pre-deployment mission rehearsal and as such is a rigorous event which provides evaluations on unit and individual proficiency in mission essential tasks the battalion will perform during its deployment. The dedi-

cated performance of all Marines and Sailors significantly improved the unit's proficiency from what it was at the start of January and resulted in high marks from the exercise evaluators. CLB-5's performance set the bar high for logistics battalions that follow. The overall performance and what was achieved is something each individual and each family should be proud of. Most importantly though, the quality of the unit's performance is the indicator that the battalion is prepared to accomplish its mission in a combat environment. This is something each individual and family should draw confidence from in the weeks ahead.

When we are forward deployed, we will continue to rely on our families to complete their own unique missions with the added challenge of not having their Sailor or Marine around. Our Family Readiness Officer is well prepared to keep our families and friends informed and to keep you all



close throughout the next seven months. This issue of the newsletter will provide much information regarding how to keep up with the goings-on of the battalion and regarding planned events to connect our families and friends together during the deployment. Again, you all are critical in keeping your families strong, and strong families are critical in keeping our Marines and Sailors going. Thanks for what you do and what I know you will continue to do.

Semper Fidelis,

Jeff Jarosz

LtCol, USMC

See all photos and news updates on our website:  
<http://www.imef.usmc.mil/MLG/CLR1/CLB5/newsletters/default.asp>

## February/March 2010 Promotions

Capt. Tufte, Travis	Lcpl Carioppolo, Alexander	Lcpl Long, Christopher
1st Lt. Dammrich, Matthew	Lcpl Carlos, Jose	Lcpl Massey, Ryan
1st Lt. Gonzalez, Jose	Lcpl Castillo, Joel	Lcpl McDonald, Jonathon
1st Lt. Latham, Christopher	LCpl Choate, Jennifer	LCpl Meeks, Jared
1 <sup>st</sup> Sgt Allen, George	LCpl Clifford, Brendan	Lcpl Metten, Fletcher
GySgt Tejada, Richard	Lcpl Cly, Clarence	LCpl Murodelacueva, Saul
Sgt Medina, Francisco	Lcpl Cortez, Jose	Lcpl Parkinson, Kyle
Sgt Mercado, Jesse	Lcpl Cuevas, Dimas	LCpl Pheny, Michael
<i>Meritorious</i> Cpl Hunt, Troy	LCpl Damus, Marlon	LCpl, Pope Layfayette
Cpl Beauchamp, Isiah	LCpl Doresky, Brian	LCpl Pritchett, Vincent
Cpl Cribb, Robert	Lcpl Duransantos, Juan	LCpl Proctor, Michael
Cpl Garcia, Lawrence	Lcpl Edwards, Lewis	Lcpl Renteria, Matthew
Cpl Grundel, Andrew	Lcpl Espinoladiaz, Juan	LCpl Reyes, Luis
Cpl Hayman, Basil	Lcpl Folger, Michael	Lcpl Rodriguez, Benjamin
Cpl Hurt, Trenton	LCpl Garcia, Emmanuel	Lcpl Schultz, Eric
Cpl King, Joshua	Lcpl Garcia, Juan	Lcpl Schwartz, Alex
Cpl Kirwan, Kayla	Lcpl Garciarodriguez, F.	Lcpl Snipe, Maurice
Cpl Kunhardt, Mathew	LCpl Garza, Vincent	Lcpl Spagnolo, Krystal
Cpl McCrea, Travis	Lcpl Givens, Jeremiah	Lcpl Stull, Lance
Cpl Rasco, Tyler	LCpl Gladney, Markus	Lcpl Toves, Mark
Cpl Yahr, Eric	Lcpl Gralton, Brian	Lcpl Tran, Tuan
LCpl Baker, Vincent	Lcpl Grass, Kyla	Lcpl Tucker, Joshua
Lcpl Botwinis, Christopher	Lcpl Hinojosa, Christopher	Lcpl Urueta, Alberto
Lcpl Bozeman, Adam	Lcpl Horselooking, Francis	Lcpl Valencia, Orlando
Lcpl Braidigan, Bryndon	LCpl LeBlanc, Evan	Lcpl Vandersloot, Nathan
		LCpl Wolfenbarger, Jesse

## NCO and Marine of the Quarter

NCO of the Quarter



Marine of the Quarter





# Mail Call: Sending Letters and Packages

Deployment to Afghanistan takes our Marines and Sailors to a place far, far away from cell phones, regular phones and quick access to computer. So what is left???

Writing letters and sending packages! It might seem like an ancient form of communication but it can actually create a stronger relationship and some very special keepsakes.

**Addresses for each CLB-5 company are listed to the right. ASK your Marine for his or her company so your mail is delivered.**

Here are the regulations for sending items:

- Use the exact format provided so the sorting machines can read the addresses.
- Customs forms DO APPLY so please use them if you needed.
- Do NOT send any obscene or pornographic material
- Do NOT send pork or pork by-products
- Do NOT send firearms
- Do NOT send material to manufacture alcohol (hops, malts, yeast, distilling equipment)
- Do NOT send anything addressed as "Any Service Member" or "any Marine"
- **FREE** postal supplies available from [www.USPS.com](http://www.USPS.com)

## MOTO MAIL

Family and friends of deployed Marines in Afghanistan can **NOW** send a letter to be downloaded, printed, and ready for delivery, usually within 24 hours.

**THE SERVICE IS FREE.**

Here is how it works:

- Sign up at [www.motomail.us](http://www.motomail.us)
- Configure a new account—follow the easy directions
- Choose the CLB-5 company where your Marine is assigned
- Write your letter
- It is sent to a secure machine in Afghanistan that prints, folds and seals your letter.
- Letter is delivered to YOUR Marine within a few days



### Hqrts & Service Co (H&S)

RANK, FULL NAME  
CLB 5 H&S CO  
UNIT 42230  
FPO AP 96427-2230

### ENGINEER Company

RANK, FULL NAME  
CLB 5 ENG CO  
UNIT 42240  
FPO AP 96427-2240

### Transport Support ALPHA Company

RANK, FULL NAME  
CLB 5 TS A CO  
UNIT 42242  
FPO AP 96427-2242

### Transport Support BRAVO Company

RANK, FULL NAME  
CLB 5 TS B CO  
UNIT 42243  
FPO AP 96427-2243

### MAINTENANCE Company

RANK, FULL NAME  
CLB 5 MAINT CO  
UNIT 42250  
FPO AP 96427-2250

# CLB-5 Babies



Conner Allan Duncan



The Abbott Family

Lcpl Donald and Melissa Duncan welcomed **Conner Allen** on Jan. 17, 2010

Lcpl Milton and Queyri Ayala welcomed **Scarleth Samantha** on Feb. 2, 2010

Lcpl Timothy and Katherine Coates welcomed, **Jaxon William** on Feb. 3, 2010

Cpl Tyler and Donnye Sabo welcomed **Evaine Anne** on Feb. 6, 2010

HM3 James Williams and HM2 Charlotte Williams welcomed **Aalyah Ashanpi** on Feb. 12, 2010

Cpl Jeremie and Sarah Strong welcomed **Lily Ann** on Feb. 12, 2010

Cpl Corey and Tara Abbott welcomed **Trenton Jacob** on Feb. 17, 2010

LCpl Michael and Dyana Proctor welcomed **Aniya Jade** on Feb. 21, 2010

Are You Delivering A Baby While Your Husband is Deployed? Think about [Operation Special Delivery.com](http://OperationSpecialDelivery.com)

**Operation Special Delivery (OSD)** provides trained volunteer doulas for women whose husbands are deployed while they are going to give birth.

**What is a doula?** A doula is specially trained to give informational, emotional and physical support to women during childbirth. A doula does NOT perform medical tasks, but is trained to provide uninterrupted support to a mother in labor.



## YMCA Childcare During Deployment

Your spouse has deployed and you need to go to the doctor, or get your haircut or just get away to recharge—who can you call to care for your kids???

The Marine Corps, along with the YMCA, operates a special program to provide **16 hours per month of childcare**, also called respite care, to families with a deployed Marine or Sailor.

Parents may use their existing licensed center or choose to receive refer-

als to respite care providers that will come into their home.

To apply and receive more information contact: 1.800.424.2246 or [mymilitary-care@ymcacrs.org](mailto:mymilitary-care@ymcacrs.org)

**Local program director:** Blanca Maldonado  
Program Manager  
Deployment Respite Care  
760.726.9100 x3325  
[bmaldonado@ymcacrs.org](mailto:bmaldonado@ymcacrs.org)

## Ideas to help your kids with deployment:

- Record videos or tapes of Dad or Mom reading to them.
- Make a special blanket or buy a special stuffed animal for them to snuggle.
- Hugahero.com—creates a "doll" using your Marine's picture. You can even record a message. Cost is @\$25 per doll.
- Encourage them to write letters and draw pictures.
- Create a calendar to track the deployment time and record special events to share upon return.



## Chaplain's Corner

*"Without God, life has no purpose, and without purpose, life has no meaning. Without meaning, life has no significance to live."* Rev.

Rick Warren

I would like to encourage all Marines, Sailors and families in any relationship to keep the lines of communication open between yourself and loved ones. It can very difficult to think about the sacrifices we are all about to make very soon. When we do not verbalize our worries and fears with the ones we are close too, we can form barriers of resistance against one another. It is important to realize it is not a weakness to express concerns or feelings. A relationship will stand the test of times if there is positive support from one another. The one place we should go to feel supported, loved and respected is our homes.

Everywhere else outside our home we can expect everything expect for love, support and respect. My door is always open, so please call if you need to speak with me or need a referral somewhere else. Relationships take a lot of hard work and RP2 and I are here to help in any way we can. God bless CLB5!

I have an interesting story from Mojave Viper I would like to share with you. Every night around 0300-0330 nature calls—never fails, just like clock work. One morning I woke up at 0330 and started to walk to the back door of the case ban (small barn) and the door would not open. I thought to myself, "how weird," so I walked to the other side passing through all the sleeping Marines. The front was stuck as well...Something fishy was going on and time was of the

essence,. I maneuvered my fingers through the tiny opening in the door trying to undue the pranksters knot. Thank God that the knot finally came undone and the door opened. Everyone else in the case ban (barn) was still fast asleep as I walked out the door and hobbled to the restroom successfully. I am very thankful that it was an almost embarrassing moment and not an embarrassing one.

May God bless your family and friends and if there is anything RP2 or I can do to help please let us know.

God Bless,

Chaplain Saumaleato Fuimaono and  
RP2 Paul Drachenberg

## Chaplain Saumaleato Fuimano

## From the FRO

Are **YOU** ready for deployment??

Family Readiness is a state of mind—we ALWAYS have to be ready.

When Marine Corps units deploy, the level of being prepared is more intense.

### Simple tips:

- Know your Marines' important info such as SSN, My Pay PIN, and Company
- Know the location of important papers such as the Power of Attorney and Will
- **Tell me if you move to a new location**—I need to

know how to contact you.

FRO numbers and email address:

760.468.8276

760.763.6915

denise.winicki@usmc.mil or  
familyreadinessofficerclbfive@yahoo.com

I will be providing updates, monthly newsletter and pictures as I receive them. I will post them on our website. Visit OFTEN:

<http://www.imef.usmc.mil/MLG/CLR1/CLB5/newsletters/default.asp>

I realize that sometimes life hands us lemons—like a missed paycheck or the car breaks or you feel lonely—I have tons of phone

numbers and agencies that are on base and in town to help you get back on track or to connect with other people in your same position.

I also anticipate that the **lack of communication** that we will experience during this deployment to remote Afghanistan will be uncomfortable and sometimes upsetting. PLEASE, feel confident in our leaders and trust that your Marine or Sailor will call or write as soon as their mission allows. Use letter writing as a way to strengthen your relationships. It worked for me—my first year of marriage was conducted through letters.

I treasure each one and LOVE looking back at our thoughts and feelings during a very scary time. We are being supported in so many ways— with amazing volunteers from Acts of Appreciation at Saddleback Church, Operation Help A Hero and our own spouses and parents.

Getting involved is a wonderful way to pass the time, learn new skills, meet people and feel productive. I ALWAYS have jobs that need just the right touch to get completed—so feel free to call or visit. I am here to help.

## Christine Winicki



Hey Marine Wife...You are SPAAAAA some!!!!  
**A private CLB-5 Spa Services Event**

**April 9, 2010  
At The Beach, Day Spa  
409 Mission Ave. C-204  
Oceanside, CA 92054  
6:00 to 9:00 pm**

**(In the Regal Theatre Complex/Cross St. Coast Hwy)**

Choose 2 services for \$25

- Manicure
- Pedicure
- Tanning
- Body Moisturizing Treatment

To make a reservation contact:  
Christine Winicki, FRO  
760.468.8276/760.763.6915  
denise.winicki@usmc.mil  
familyreadinessofficerclbfive@yahoo.com



**1st MLG Family Readiness**

## **BEACH WALKS**

*Every Wednesday starting on March 17*

*9:30 am—Bring the kids to The Del Mar Cantina*

*Meet new Friends and stretch Your Legs!*

## **Dinner at Shakey's Pizza—Temecula**



**Sunday, April 18, 2010**

**5:30 pm**

**26479 Ynez Road #C**

**Temecula, CA 92591**

**RSVP: Christine Winicki, FRO**

**760.763.6915/760.468.8276**

**denise.winicki@usmc.mil**

**familyreadinessofficerclbfive@yahoo.com**

## MARCH 2010—DEPLOYMENT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 9:30 am MLG Beach Walk	18	19	20
21	22	23	24 9:30 am MLG Beach Walk	25	26	27
28	29	30	DEPLOYMENT WINDOW 31 9:30 am MLG Beach Walk			
			APRIL 1	2	3	

### Schedule of Events

- } **9:30 am MLG Beach Walk**  
**Every Wednesday**  
bring the kids and your walking shoes to the Del Mar beach Cantina for a walk on the beach. Meet new friends and get out the stress!  
No RSVP required
- } **SAVE THE DATE:**  
**April 9, 2010—**  
**CLB-5 Spa Night**  
6:00—9:00 pm  
\$25 for TWO  
spa services  
Drinks and Snack provided.
- } **SAVE THE DATE:**  
**Family Night at**  
**Shakey's in Temecula**  
**April 18, 2010**  
Meet for pizza and chicken. Game room and tvs for sports watching.

## What To Expect During the Deployment Send Off



The Marines of CLB-5 will be treated to a very special send-off as they leave for Afghanistan. They have been adopted by the Acts of Appreciation Ministry from Saddleback Church in Orange County. The volunteers from this amazing organiza-

tion will be at every deployment movement preparing food for the Marines, Sailors and any families that gather to say good-bye. They will also give each Marines and Sailor a "goodie bag" to keep them fed during the long journey forward.

The mission of this

ministry is to serve those who serve. They allow the families to be able to gather together without having to volunteer or do any work while they say farewell. And we will see them again in 7 months at the Welcome Home Parties!! Please say thanks and we are so very grateful.

## Headquarters and Service Company

Capt. Barrett Dupuy



The last month has been spent doing final preparations for deployment. In the coming month, I hope all of you get to spend quality time with your Marine or Sailor. You are an essential part of ensuring that the Marines and Sailors of CLB-5 are ready for what lies ahead.

Your job on the home front is as important and demanding as our job in

Afghanistan, but I know you are up to the task.

I appreciate all that you do for our Marines and Sailors. Keep up the good work and God bless.

If you need anything, please feel free to contact me or Gunnery Sergeant Gutierrez at 760-725-7217 or our Family Readiness Officer, Christine Winicki, at 760-763-6915.

We were so glad to see families at the Jane Wayne day. This was a fun opportunity to experience the life of a Marine—look for photos in the next edition. Please contact the Family Readiness Officer for more information.

Thanks,

Capt Dupuy

[barrett.dupuy@usmc.mil](mailto:barrett.dupuy@usmc.mil)

## Transportation Support—Alpha Company

Capt. Matt Zimbalist



Marines and Families,

Once again, I'd like to take an opportunity to congratulate TS Company A on a job very well done at Enhanced Mojave Viper. Alpha Company showed a marked improvement and skills progression during the 5 week exercise, and we continue to get better each day. February has seen us involved in different types of activi-

ties, from administrative records keeping, to maintenance, as well as getting our equipment at Del Mar ready to be stored during the deployment. It's not fun or exciting work like Mojave Viper was at times, but it has needed to get done, and I want to thank the Marines for their hard work doing it, and thank the families for yet more understanding as

sometimes hours can become late just before a deployment. I want all the Marines and their families to thoroughly enjoy pre-deployment leave. We are trained and ready to accomplish our mission, have a successful deployment, and return home to our families and loved ones.

Very Sincerely,  
Capt Matt Zimbalist

## Transportation Support —Bravo Company

Capt. Sean Cox



Well, the time has come for us to part ways. Although we will be thousands of miles apart for the next 7 months, we will never be apart in our hearts. Having seen this company grow and blossom has been a tremendous source of pride for me. Your spouses are true patriots and they embody the highest tenants of soldierly virtue. Furthermore, I can also unequivocally state that

none of it would be possible without you. I have had the distinct pleasure of meeting some Bravo Company spouses and I am continually impressed with your dedication to your military spouse, the Marine Corps, and above all your wonderful families. I would also like to welcome the newest additions of the Baker, Bone, Ayala and Mendoza families to the Bravo Company ranks! In parting,

please remember I am an ardent supporter of the entire Bravo Company team, both civilian and military. Until we meet again I wish you all the best in the coming months and remind you that we, like you, will be counting the days until October!

Regards,  
Capt. Sean Cox



## Maintenance Company

February has been an extremely busy month, especially upon the return of the battalion from 29 Palms, Mojave Viper exercise. Although we have only been back to Camp Pendleton for a short while, I can not say enough good things about the men and women of Maintenance Company. I am, and continue to be, impressed by the good spirits and incredible work ethic of your Marines. Despite several having repeated deployments, their unwavering belief in our Nation's global mission is incredible and inspiring. Yet, without the sacrifices and support of families and friends such as yourselves, your Marine would not be able to achieve the many successes we have seen today and for this...1<sup>st</sup> Sgt Lawson, CWO2 Tilley, myself and the rest of the company staff wish to thank you.

Your Marines continued to perform and impress throughout entire month of February. The ingenuity and work ethic observed this month, from the Commanding Officer on down, was nothing short of amazing. In fact, one of our Marines (Sgt Salazar) was re-

cently published in the Camp Pendleton Convoy news paper while attending a New Equipment Training (NET) course aboard the base. During the month of February we also recognized Sgt Medina with a Certificate of Commendation for having won the Group Non-Commissioned Officer (NCO) of the Quarter board.

Throughout this past month we have also continued to work on battalion force flow. This means we are ensuring our departure timelines are coordinated with all the proper agencies and other units moving in and out of theater. And as with any deployment, changes must occur to the force flow roster. In saying this, a few great Marines had to be removed from the roster due to injuries and will certainly be missed; while the company welcomed several stand-by Marines who were waiting in the wings. First and foremost, we all want wish a speedy recovery for the ones unable to join their fellow Marines moving forward. Secondly, we wish to welcome aboard some hard-charging Marines who have been training right

beside their fellow Marines while hoping for an opportunity to move forward, Marines like Cpl Lamano, Cpl Norrod, LCpl Newbold, and LCpl Smith....welcome aboard and glad to have you.

The battalion has begun the "pre-deployment" leave block and many of the company Marines have already departed the area to visit family and friends, enjoy and cherish this extended time with your Marine...it's well deserved.

As I look forward to serving the Maintenance Company Marines in country, I also look forward to serving the families and friends of the company back home aboard Camp Pendleton, as well as families who have moved and relocated across the Nation. Although your Marines will be kept extremely busy while deployed, the company staff will ensure appropriate level information and news is sent back to Christine, the Family Readiness Officer (FRO) on a monthly basis.....until next month.

Very Sincerely, Capt. Joseph Flynn



## Engineer Company

February was a busy month for Engineer Company. We started the month by wrapping up training at Enhanced Mojave Viper (EMV) in 29 Palms, CA, with good evaluations for our convoy operations and construction projects. The Marines learned a lot about carpentry, earthwork, and project management, as well as refining basic combat skills. The Operations Platoon finished building an improvised explosive device (IED) training lane and will soon have a sign in front of it to recognize their achievements. Since our return to Camp Pendleton, the Company has been

## Capt. Dan Francis

busy with administrative pre-deployment activities and last minute training. Now that most of that is done, your Marines are taking some well deserved time off before we depart. Enjoy your time together.

Semper Fidelis,  
Capt Dan Francis

Check out this link to a great story on CLB-5 Engineer Company's work at Mojave Viper:

<http://www.marines.mil/unit/29palms/Pages/Marinesweepthroughnewcounter-IEDtraininglane.aspx>



29 Palms, CA—Coyotes with the Combat Center's tactical Training Exercise Control Group demonstrate how to properly navigate a Tactical Modular Foot Bridge constructed by CLB-5 Engineer Company during the Enhanced Mohave Viper Exercise

# CLB-5 Battalion BBQ

## January 26, 2010

